

Tips for Teaching your Child about Confirmation

Don't be overwhelmed

- Keep it simple and tailor to your child's age, maturity, circumstances.

Prioritise

- Write 'Confirmation time with Johnny' in your diary to ensure it doesn't get lost in the busyness of the day.

Experiment

- Short bursts each day or longer sessions on a weekend?
- Is the car a good place to talk?
- When is it best to try the 'Prayer Time'? At dinner time? Bed time?
- With other siblings, or one-to-one?

Look for teachable moments to make a point:

- On a very windy day: 'Look, you can't *see* the wind, but you can see the trees *moving*. The Holy Spirit is a bit like that...'
- Light a fire in your fireplace and chat about the 'fire' of the Holy Spirit.
- If your child has to do something that's difficult: 'Let's pray for the gift of courage/fortitude/strength to help you do this.'
- Warm hugs at home: 'At Confirmation the Holy Spirit fills us with God's love. You are so special to God!'
- When your child reaches out to another person, remark on how you can see the Holy Spirit at work in him/her.
- When rubbing moisturiser or anointment into your child: 'At Confirmation the Bishop is going to rub some very sacred oil on your forehead like this...'
- If your child is exceedingly energetic: you are full of the Spirit!!!

Make it enjoyable

- Act out a bible story. Have some fun with it.
- Set up sacred symbols at home: candles, oil, hands.
- Sing a song. Praise your child. Celebrate his/her gifts.
- Plan a special confirmation meal/party after the celebration.
- Share positive memories of being Catholic.

Lead by example

- Empowering attitudes at home.
- Let them see that mum and dad use their gifts in selfless ways.
- Pray as a family. Use the prayer 'Come Holy Spirit' naturally and often.
- Mass on Sundays teaches the *communal* context of Confirmation.

Pray for yourself

- 'Lord, help me to be a good teacher/model of confirmation for my child.'
- Pray often. Ask God to guide/lead you.

